

# **ELECTRICITY IS LIFE**



**A Scientific Method of  
Treating Disease**

with the

**Electro-Life Generator**

**Together with full instructions how  
to beautify the complexion  
and remove facial  
evidences of  
age.**



## INTRODUCTORY

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**I**N presenting this booklet of treatments we are asking you to put aside all thought of us in a commercial sense, and instead, try and consider us wholly in the light of your personal benefactors, for such is truly our purpose and foremost desire.

We are assured that in giving to your possession the Electro-Life Generator, we have placed in your hands the key to life's greatest blessing—health, and therefor happiness. We feel that no man nor company of men can do more, and that no one should do less when it is in his power.

Follow directions closely and health will follow as surely as to-morrow will follow to-day.

Yours very truly,

ROCHESTER ELECTRIC SPECIALTY Co., INC.,

Rochester, New York.



## DIRECTIONS FOR USE OF THE ELECTRO-LIFE GENERATOR

The Electro-Life Generator is furnished with two rubber faucet connections, one for large and one for small faucet.

When changing rubber connections, unscrew the nut next to the case. Do not take hold of the rubber in doing this, as you are liable to loosen the rubber from brass connection.

When attaching generator to faucet, take hold of the outer rim of rubber connection with both hands and force onto faucet with a twisting motion far enough for rubber to take a good hold on faucet.

The strength or volume of electric current is governed by the speed of the generator, and the speed of the generator is regulated by the flow of water.

Try the current at slow speed and increase the speed by turning on more water until a mild, pleasant, suitable current is obtained. If necessary to turn on a strong current of water in order to start the

generator, you can then slow down before testing.

Be careful to keep the commutator, where the brushes come in contact with same, free from oil and grease.

Connect the two cords with generator by inserting the contact points on one end of each cord, one into the nickel plate on wooden block and other into the small connection hole on one side of magneto. Avoid getting the cords wet, if possible.

To use the grips, attach the contact points on opposite ends of cords into small contact points on same.

To use sponge electrodes, insert the contact points on opposite ends of cords into small contact holes in same. You may also use one sponge electrode by taking same in one hand and a hand-grip in the other hand. The sponges should be well wet before using.

To use electric hair-brush, attach one contact point into contact hole on same. This must be used by holding a hand-grip in one hand and hair-brush in the other.

In using bath anodes (flat plates), attach contact points on opposite ends of cords into small holes on same. Hang one plate in each end of the bath-tub, extending about three inches into the water. Test current in bath by placing both hands in water about six inches from each plate. These same plates may also be used for treatment of cold feet; also for foot or leg treatment.



## ELECTRIC BATHS.

In almost every instance, for the alleviation of pain and the cure of disease by electricity, we recommend electric baths because of their rejuvenating tonic effect on the whole system. If a few simple rules are observed, they will prove both pleasant and wonderfully healthful.

Attach the generator to the wash stand faucet, in the manner described on the previous page. Attach one end of long cords to the generator by inserting the plugs at the points 1 and 2. Attach the other two ends to the plate electrodes and then place one electrode in each end of the bath tub containing the desired amount of water so that they are about three-fourths under water.

Before getting into the bath, the current can be easily tested by placing both hands in the water about six inches from each electrode, and having them in direct line between the two electrodes. A mild pleasant current is usually the most beneficial.

If the bath tub is tin or metal, not porcelain lined, use only one electrode placed in one end of the tub, and when in the bath, hold a handle in the hand or apply a sponge electrode to the body, same being attached to the cord instead of the second plate electrode.

The temperature of the water for the electric bath should be about 90 degrees, being tepid or warm,

usually the duration of the bath should be from ten to fifteen minutes, but if the person taking the bath is very sensitive to the current, or very weak, a short time of about five minutes is best.

A dozen baths taken at intervals of every other day are generally sufficient to produce marked results, and they should be continued until entirely well.

Do not take an electric bath after a full meal.

Rest for a short time after the bath.

A handful of ordinary table salt thrown in the water is good for the bath.

After the bath take a brisk rub down with a coarse towel.

## ASTHMA

Attacks of asthma usually come at night. The patient is suddenly seized with a sense of oppression, which rapidly develops into distressing difficulty in breathing. Expiration is labored and becomes a prolonged wheeze; the chest is distended, the face becomes pale, the body cold and covered with sweat. At first there is a tight cough, then later, small tough masses are expectorated.

As a general tonic treatment for the whole body, electric baths are recommended.

Place the generator on the faucet, attach the metal tips of conducting cords to the generator and to the two hand sponge electrodes. When current is properly regulated, moisten the sponge in tepid water



and place one electrode between the shoulders and apply the other to the throat and neck. On any particularly irritable spot, the electrode may be allowed to rest for a moment or two, but in general, apply the electrode in a stroking sort of movement, in a downward movement over the chest to the stomach.

Asthma is a stubborn ailment and often requires persistent treatment. A treatment can be taken every other day and even once a day if the patient's strength will permit.

### BRONCHITIS

Bronchitis is a catarrhal inflammation of the bronchial tubes, caused by chill from exposure to cold and damp or by bad ventilation, fog, dust or heredity. It may also be left after Measles or Typhoid Fever.

Treatment—Use the same electrodes as for the treatment of Asthma. Place one electrode on the lower part of the spine, pass the other over the bronchial tubes and lower part of the throat, in a stroking movement, both up and down. Electric baths are a good general treatment.

### CATARRH

Nasal catarrh is most frequently encountered. Attacks usually begin with sneezing and dryness and obstruction of the nasal passages. The patient is often compelled to breathe through the mouth. After a time a watery, sometimes irritating, secretion appears; headache and facial pains may follow.

Treatment—First of all, the general tonic treatment, of electric baths is recommended. For local treatment, use the same electrodes as for Asthma. Place one between the shoulders, on the spine, the other on the base of the nose, between the eyes. Apply a light current for 5 or 10 minutes. Treatment can be repeated in 6 hours, if necessary. A few treatments will often break up a severe catarrhal cold.

### CONSTIPATION

This trouble is too well known to need much explanation. It is the cause of many diseases. Poisonous matters remain in the body, pass into the blood, and cause serious trouble.

Treatment—Cultivate a regular habit each day, even to an exact hour, whether inclined or not. Adopt a suitable diet; fresh vegetables, fruit, bran or gluten, and drink water freely, between meals. In addition, the tonic effect of electric baths will materially assist in curing this ailment, and immediate results will be obtained by holding the sponge electrode on the back or hips and thoroughly kneading the abdomen, with a rotary motion, with a handle electrode held in the other hand.

### HEADACHES

This is another common ailment. It has many causes, but it seems unnecessary to give a lengthy description.



Treatment—If caused by a disordered stomach, use the hand sponge electrodes. Apply one to the base of the brain, and pass the other over the stomach, in a rotary motion.

Another treatment is to place the one electrode at base of the brain, then pass the other lightly over the forehead, from the center outward, over each eye and down over the temples.

In applying electricity to any part of the head, a very light current should be used, also use extreme care in applying it, so that no shock may be experienced.

For headaches in general, the tonic treatment of electric baths is recommended.

### DYSPEPSIA

The symptoms of Dyspepsia, such as fulness after eating, belching of gas, nausea, rumbling of the bowels, constipation, and distress in the stomach after eating, are familiar.

Treatment—The general tonic treatment of electric baths is specially recommended.

For local treatment, place one-hand sponge electrode at the back of the neck and pass the other over the region of the stomach, liver and bowels. Use a mild current. Treatment can be taken every other day.

### ANAEMIA

This condition is due to a preponderance of white corpuscles in the blood and poor circulation. The

patient looks pale, lacks energy and ambition and eventually becomes emaciated. It is quite common among growing children, but grown people are subject to it also.

Treatment—The general tonic treatment of electric baths is most beneficial. A wholesome, nutritious diet should be maintained and plenty of exercise taken in the open air.

### FEMALE COMPLAINTS

The ailments of women are innumerable. To take up each one would prove tedious. It would require the expert knowledge of a medical electrical specialist to give the right local treatment, in all cases. Especially during the period of change of life, are the derangements of the system many and varied. Generally, the nervous system is affected and the health is poor. We therefore recommend electric baths as a general tonic treatment, which will produce wonderfully beneficial results.

In cases of suppressed or painful menstruation, place a sponge electrode at back and repeatedly pass the other over the lower abdomen. If this does not give relief, attach one of the foot-plate electrodes to the conducting cord instead of the sponge electrode used for the back. Place the plate electrode in a receptacle containing hot water, place the feet in the water and sponge the lower abdomen with the sponge electrode.



In retarded menstruation, it is best to give the whole body the general tonic treatment afforded by the electric baths.

### INSOMNIA OR SLEEPLESSNESS

This is an awful affliction. Common causes are overwork, worry, and sometimes dissipation. Permanent relief is what those troubled with it yearn for. A general tonic treatment of the whole body, in the form of electrical baths, in the majority of cases proves to be the only treatment necessary. The baths should be of about fifteen minutes duration, and two or three a week are sufficient. Peaceful, restful sleep will often come within a few minutes after the bath.

### BRAIN FAG

This ailment comes from overtaxing the brain and often appears among those given to literary pursuits. Also among business and professional men and women who are constantly thinking.

As in Insomnia, electrical baths are most beneficial. If local treatment is deemed necessary, give the same treatment as that suggested for headaches, earlier in this book.

### KIDNEY TROUBLES

The kidneys are the natural filters of the body. If they do not work properly, the impurities of the system are not carried by the urina and dread Bright's Disease may result.

If electrical baths do not restore their normal activity, local treatments may be taken. Attach the conducting cord to the foot-plate electrode and apply the sponge electrode to the region of the kidneys.

### LUNG TROUBLES

Ordinary affections of the lungs yield readily to general electrical treatment, but if special local treatment is necessary, use the sponge electrodes, applying the one in front to the region of the lungs and bronchial tubes. The general tonic of the electric bath, will materially aid in giving relief.

### LIVER TROUBLES

The liver secretes bile. A certain amount of it is necessary to health. When the liver becomes sluggish, the bile is not passed away through the bowels, and remains in the system to poison the blood and often serious bilious disorders result.

The proper action of the liver may be stimulated by general and local electrical treatments. Place one electrode on the back, low down between the shoulders and apply the other in front, over the region of the liver.

Take electric baths twice a week.

### LOCOMOTOR ATAXIA

Is a serious affection of the spinal cord, causing the patient to lose control of the body. Involuntary actions are the result. In many instances, the brain is also affected.



A general tonic treatment is helpful. For special local treatment of the spine, place one electrode at the upper part of the spinal column and sponge its entire length with the other.

It is also well to take two electric baths each week, for the general tonic effect.

For the treatment of any paralyzed part, we suggest that you consult your family physician.

### GENERAL DEBILITY

When a person is "all run down" the whole system needs rejuvenating. Powerful drugs may lash it into unnatural activity, but beware of the after effects.

Men and women who have worked themselves all out; men, who through indiscretion, have lost the physical power to enjoy the pleasures of life, who have become prematurely old, will find electrical baths to be a pleasant and effectual restorative. They will in time work wonders. Persistency will bring its abundant reward.

### NEURALGIA

Neuralgic pains, darting, stabbing and tearing, are indicative of irritated nerves. Women seem to suffer from it more than men. Neuralgia may be caused by exposure to cold or wet. Electrical baths are a good general treatment.

If the pain is local, it may be treated as follows—every other day is often enough.

Hold one metal hand electrode in one hand, while applying the sponge electrode directly to the seat of pain. Be sure the current is not too strong, for this aggravates the pain. Do not continue the local treatment too long. One treatment a day is all that should be taken.

### NEURASTHENIA

Some may recognize this disease as Nervous Prostration. It is known as the "great American disease." It is a condition of irritable weakness, as a result of fatigue of the nerve cells. It is usually caused by overwork, associated with worry and excitement, alcoholic or sexual excesses, or exhausting illness.

The patient feels generally tired and fatigued; complains of headaches, often at the base of the brain, and at times a heavy weight pressing on the head. Backache is common. Nervous Dyspepsia and constipation are present. The heart palpitates and the hands are usually cold and clammy with perspiration. Mental disorders arise. The memory becomes poor and the capacity for mental work is greatly lessened. Morbid fears and emotional outbreaks are common and insomnia is almost always present.

An electrical bath twice a week is the most effectual treatment for this complicated ailment.



## PARALYSIS

Electricity is wonderfully helpful in benefiting paralytic conditions, because it directly has to do with the nerves. Paralysis is, however, likely to appear in almost any part of the body, and it is such a serious trouble, that we advise only the general tonic treatment in the form of electric baths. It requires expert knowledge to know just how to apply special electrodes in treating Paralysis by electricity. In cases which will not respond to the general treatment, we suggest that you consult your family physician.

## RHEUMATISM

Rheumatism is the physical manifestation of a gouty condition of the blood. There is severe pain in the muscles of the chest, shoulders and back. Sometimes the muscle affected becomes swollen and there is a rise of temperature.

Treatment—If the pain appears in the upper part of the body, head, neck, arms and shoulders, hold a metal hand electrode in one hand and apply the sponge electrode directly to the seat of pain. If the trouble is in the lower part of the body, place the feet on a foot-plate electrode and apply the sponge electrode to the painful parts. Electric baths are recommended in quickly relieving the pain of Rheumatism, wherever located, and if persistently continued, will effect a permanent relief.

## SCIATICA

Most cases of this painful trouble, can be greatly benefited and often cured by electricity.

Place one plate electrode under the foot, of side effected. Place the sponge electrode on the spine, passing it downward over the part effected. Each treatment should last about ten minutes. Every other day is often enough.

Electric baths should be taken also.

## SKIN DISEASES

All forms of skin irritation are greatly relieved by electricity, taken in the electric bath. The minute pores are opened and the natural function of the skin, in throwing off impurities, is restored. The blood is brought to the surface, the circulation quickened, and the skin takes on a healthy, rosy color. Electricity will do its full part in making the skin soft and beautiful, but it is also necessary to purify the blood, by taking some good internal remedy. Each will help the other.

## ELECTRIC TREATMENT FOR HAIR AND SCALP

In treating the hair and scalp by electricity, hold a metal handle electrode in one hand and then use the electric brush in the usual way. Use a mild current. The current will be much stronger if the hair is wet.



## ELECTRIC MASSAGE

For beautifying the face, neck and bust, electricity will be found most effective. Wrinkles can be removed, hollow places filled out and the complexion wonderfully beautified.

Hold a metal electrode in one hand and apply the sponge electrode directly to the parts to be made plump and beautiful. A mild current should be used. Treatments should be taken frequently, and the face or bust be thoroughly massaged.

If at any time you are disposed to do an act of benevolence, by sending the Electro-Life Generator to one or more of your friends who are troubled with any of the diseases herein mentioned, send the price of Generator, name and the address of your friend and we will promptly forward same to them.

ROCHESTER ELECTRIC SPECIALTY CO., INC.

Rochester, N. Y.

Price of the Electro-Life Generator, complete, \$14.00.



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Manufactured by  
**ROCHESTER ELECTRIC SPECIALTY CO., Inc.**

**DIRECTIONS.**

THE ELECTRO-LIFE GENERATOR is furnished with a universal faucet connection.  
WHEN ATTACHING GENERATOR TO FAUCET, take hold of the rim of connection with both hands and force into faucet with a twist-  
ing motion for enough for rubber to take a good hold on faucet, and place above around faucet to hold generator in place.  
THE STRENGTH OR VOLUME OF ELECTRIC CURRENT is governed by the speed of the generator, and the speed of the generator is regulated  
by the flow of water.  
TRY THE CURRENT AT SLOW SPEED and increase the speed by turning on more water until a mild, pleasant, suitable current is obtained.  
If necessary to turn on a strong current of water in order to start the generator, you can then slow down before testing.  
CONNECT THE TWO CORDS WITH GENERATOR by inserting the contact points on end of each cord into the holes on front of generator.  
TO USE THE GRIPS, screw the wooden handle into the end of the metal grip and insert the contact points into small hole.  
TO USE SPONGE ELECTRODES, insert the contact points on ends of each cord into small contact holes in sponge. You may also use one  
sponge electrode by taking same in one hand and hand grip in the other hand. The sponges should be well wet before using.  
TO USE ELECTRIC HAIR BRUSH, attach contact points into holes on back of brush.  
IN USING BATH ANODES, (flat plates), attach contact points into holes on back of brush.  
of the bath tub, extending about three inches into the water. Test current in bath by placing both hands in water about six inches from each plate.  
These same plates may also be used for treatment of cold feet, also for foot or leg treatment.  
For full directions regarding treatment, see BOOK OF TREATMENTS.

Price \$14.00

ROCHESTER N. Y., U. S. A.





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PATENTED  
SEPT. 3. 1907  
MFD. BY  
ROCHESTER  
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CO.  
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